

To: Permanent Full-Time and Part-Time Employees  
From: Wellness Team  
RE: City of De Pere Wellness Incentive Program  
Date: January 1, 2020

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### **2020 Wellness Incentive Program**

**When:** January 1, 2020 until December 31, 2020  
**Who:** All permanent full-time and part-time employees and their spouses  
**How:** Pick and choose what types of wellness activities you are interested in and earn gift cards. It's that simple!

Permanent full-time and part-time employees and their spouses can participate in the City's Wellness Incentive Program. Participants will receive points for things such as participating in a run/walk, getting an annual physical each year, exercising, and completing preventative screenings. A small incentive is built into the program to reward you for achieving points, with benchmarks along the way. Due to the logistics of some of the City-led wellness challenges, these challenges will be offered to employees only to earn points.

A few highlights:

- **NEW:** The Wellness Team has increased the points for blood donation and has added points for Community Involvement. Take part in the community based activities the Wellness Team promotes such as Dress Down Days, Tools for School, Food Drive, etc. and earn wellness points.
- Additional Incentive Benchmark: Employees who earn 3000+ points in the Wellness Incentive Program will earn a \$75 gift card. This means that you can earn a total of **\$150** in gift cards for participating in, logging, and turning in proof of wellness activities.
- Nutrition/Wellness Classes are worth 400 points. Attend and participate in classes regarding smoking cessation, weight loss and others.
- You and your immediate family members (spouse and children) will receive 25% off De Pere Park and Recreation exercise and movement-based programs. To receive the discount you will have to register either over the phone or in person at the Community Center. If you have questions on which classes may be included, please call the Community Center.

The Wellness Incentive Program flyer has the information on how to earn points throughout the year. You can pick and choose what activities you would like to participate in and submit points to earn your gift cards.

Your health plan is committed to helping you achieve your best health status. Rewards for participating in the wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you may qualify for an opportunity to earn the same reward by different means. Contact Erin Bongers in the Health Department at 339-4054 and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

\*\*\*Wellness forms can be found on the City's website and the City's Friday Memo Drive (Q Drive) in the Wellness Folder. At the MSC, Wellness Forms can be found near the main copier with the other blank employee forms.